

WELLNESS PACKAGE SCHEDULE

Mon	10:00 AM / Sound Healing with Kristen Vidomski	
Tue	10:00 AM / Zumba all levels with Solange LaBelle	
Wed	10:00 am Water Yoga in mineral pool with Shane Robins	
Thu	10:00 AM / Pilates all levels with Shane Robins	
Fri	9:00 AM / Soul Coaching with Amy Potton	
Mon	10:00 AM / Sound Healing with Kristen Vidomski	
Tues	10:00 AM / Pound all levels with Solange Labelle	
Wed	10:00am /Yoga & meditation for all levels with Shane Robins	
Thu	9:00 AM / Soul Coaching with Amy Potton	
Fri	10:00 AM / Zumba all levels with Solange LaBelle	



ENJOY YOUR WELLNESS PACKAGE EXPERIENCE
WITH OUR CERTIFIED INSTRUCTORS



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Thu	9:00 AM / Soul Coaching with Amy Potton
Fri	10:00 AM / Aqua Zumba all levels with Solange LaBelle



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